

WEEK 2 LESSON GUIDE



BIG IDEA

We can worship by asking for God's help.

BIBLE

Ask for Help:
Psalm 80:8-19; Hebrews 12:1-2

LARGE GROUP TIME

Hi, friends! Welcome back to *Wonder-Full!* We're taking adventures to some of the most incredible wonders of the natural world to learn how all of creation – including us – can worship God!

Some adventures, like hiking Mount Everest, might leave you in need of help, and asking God for help is just what we're talking about today!

[Play [this](#) video as kids enter your environment. We recommend playing it with the original audio to build excitement. You can also mute the sound and play your normal playlist. For more information on how to legally use copyrighted material for educational purposes, [read this!](#)]

WHAT? What are we talking about today?

MUSIC | Worship

- **INSTRUCTIONS:** You can lead kids in worship with any songs you like best, but here are a few songs that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
 - "So Many Wonders" (Grow Kids)
 - "Wonderfully Made" (JumpStart3)
 - "Remind Me" (Gateway Kids Worship)
 - "Living Color" (Elevation Church Kids)

ACTIVITY | Wonder Hunt

- **INSTRUCTIONS:** This activity is a play on the poem, "[We're Going on a Bear Hunt.](#)" Put the words on a screen so kids can read along. The first four lines will repeat at the start of every new section. [Here](#) is a video for narration inspiration. Ask a leader to read the script below or recite it from memory and act out the crazy motions. Invite kids to follow along.

- Hello, adventurers! You'll never know what interesting things you'll encounter when you're exploring God's big, wonderful world! Let's go on a wonder hunt together right now!
- **We're going on a wonder hunt, We will see things big and small. Oh, what a wonderful day, We're not afraid.**
- **Uh-oh! A raging river! We can't go over it, we can't go under it, we have to wade through it!**
 - **Swish-swoosh. Swish-swoosh.**
 - *[Take big, giant steps in place as though wading through a rushing river. Bonus points for acting extra silly! Pretend the water is freezing!]*
- **Uh-oh! A mighty, tall mountain! We can't go over it, we can't go under it, we have to climb up it!**
 - **Up we go! Up we go!**
 - *[Stand in place and act like you're climbing up a steep mountain. Big steps, reach up and down like you're holding onto rock, act like you're afraid of heights.]*
- **Uh-oh! A small, slithering snake! We can't pass next to it, we can't go under it, we have to jump over it!**
 - **Eek-eek! Eek-eek!**
 - *[Jump in place as high as you can. Show fear of the snake. Make it funny.]*
- **Uh-oh! A mountain lion! We can't go over it, we can't go under it, WE BETTER RUN BACK DOWN!**
 - **Eek-eek! Eek-eek! Up we go! Up we go! Swish-swoosh! Swish-swoosh! PHEW!**
 - *[Run in place frantically.]*

ACTIVITY | The Sherpa Shuffle

- Mount Everest, which is in the country of Nepal, is the highest and one of the most majestic mountains in the world. People who climb Everest spend months, sometimes years, getting ready to be able to survive the super high altitude and lack of oxygen.
- But even with training and all of the best equipment, it's a dangerous hike, and everyone who climbs it needs help. Many people who attempt to climb Mount Everest hire sherpas. Sherpas are experienced climbers who help carry extra supplies, are able to help in difficult weather, and are experts on the mountain.
- **INSTRUCTIONS:** *Divide the kids, designating one kid as Adventurer and the other as Sherpa. Create a base camp-themed obstacle course in which the Sherpas guide partners through a series of challenges. The Adventurers must do the work blindfolded with one hand bound to their Sherpa. Time the groups as they complete the challenges. The fastest pair wins!*
 - *Here are some ideas for the base camp challenges:*
 - *Camp 1: Pitch a pop-up tent*
 - *Camp 2: Make a s'more.*
 - *Camp 3: Collect firewood (scattered around the room) until you have five logs stacked in a pyramid.*
 - *Camp 4: Unroll a sleeping bag.*
 - *Summit: Finish drinking one full bottle of water.*
 - ✂ **PRETEEN HACK:** *Have preteens design the obstacle course and challenges to be used for this activity. You can have them set this up while the rest of the group is doing the Wonder Hunt activity.*
 - ✂ **SPECIAL NEEDS HACK:** *Remove the constraints (e.g., time limit, use of blindfolds, being attached to the Sherpa) and allow kids to complete each activity with sufficient time.*
- Without sherpas, there really is no expedition! Whether climbing Everest or trying to get through a tough day at school, we all have times we can ask for help. Sometimes, God sends help by giving us other people.

QUESTION | What is the hardest physical challenge or activity you have ever attempted?

- Probably nobody in this room has climbed Everest before, but I bet many of you've taken on some big things!

- **What is the hardest physical challenge or activity you have ever attempted? Maybe it was . . .**
 - Running a race like a 5K, 10K, or half marathon.
 - Playing on a sports team.
 - Taking a dance class.
 - Racing your siblings.
 - Washing the dishes after a family meal.
 - Keeping up with homework.
 - Doing chores.
 - Getting to your classes on time.
 - Learning a new instrument.
- **What are some things that helped you keep going when things felt too hard?**

SO WHAT? *Why does it matter to God and to us?*

SCRIPTURE | Psalm 80:8–19 (Ask for Help)

- **INSTRUCTIONS:** Choose a new volunteer to be today's storyteller or the same volunteer from last week. This person will share tales of their misadventures while exploring the natural wonders of the world and what they learned along the way. Put an inflatable globe on the stage. The storyteller will enter the stage clumsily in full [explorer gear](#) (backpack, neckerchief, binoculars, vest with lots of pockets, etc.). Preload backpack with games, snacks, and a Bible filled with sticky notes.
- Hello! I'm [insert name], and I love to explore! Adventure is out there and it's calling my name. Listen, can you hear it? [Whisper name into the mic.] See? I told you it's calling my name!
- Last week, I shared about my epic adventure to see the Northern Lights. Things didn't quite go my way, but when I realized that God is always with me, it reminded me that I can worship by putting my hope in God.
- And speaking of things not going my way, do you wanna hear about one of the craziest adventures I've had? Great!
- I've always dreamt of climbing Mount Everest! Mount Everest is located right here in Nepal [awkwardly fumble with the globe while locating Nepal and Tibet]. Mount Everest is a peak in the Himalayan mountain range. It's said to be the highest mountain on Earth! Wow!
 - I trained forever for this hike.
 - I trained physically! [Run in place.]
 - I trained mentally! [Point to your brain.]
 - Then, I packed my bag — and I packed it full. I brought games so I wouldn't get bored and plenty of snacks because I didn't want to be hungry out there on the mountain!
- I finally arrived at base camp. A base camp is like a starting and stopping place for hikers. For me, it was where I would begin my great adventure! When my turn came to put on my pack, I, um, couldn't lift it. It was too heavy!
- So, I did what had to be done. I dumped out the things in my pack. [Dump out backpack full of games, snacks, and Bible marked to Psalm 80.]
- It was extremely embarrassing. I clearly needed help. But right there in the middle of the mess, I found a book that comes with me on all my adventures — my Bible. It was lying open to the book of Psalms.
- Do you know where the Psalms come from? They were songs written to express emotions and thoughts to God. I started to read Psalm 80, and here's what it said:
- [Read Psalm 80:8–11.]

- In what I read, a guy named Asaph was talking to God about a vine. Asaph was thinking of the people of Israel. It was likely that his relatives were some of the first temple musicians, and saw the promises of God happening before their eyes.
- In the verses we just read, the vine of Israel (that's God's people) was blessed and happy in the Promised Land. Their people had filled the land. Israel had grown strong and big like Mount Everest, but in a different kind of way! But then something happened . . .
- *[Read Psalm 80:12–13.]*
 - In ancient Israel, a vineyard, or a large piece of land growing vines, was surrounded by a thorny hedge or wall that kept out wild animals. Here we read that the walls around the Promised Land had been taken down and the vine of Israel had been destroyed!
 - Asaph looked at Israel's current trouble and saw that it seemed like the once healthy and protected vine now was no longer thriving or protected at all.
 - Asaph, who was sad about what he saw, decided to pray, begging God to help Israel.
- *[Read Psalm 80:14–19.]*
 - When things took a turn and there seemed to be a different story happening for Israel, Asaph did his best to ask God why and to ask for help.
- Reading Psalm 80 reminded me to stop and pray right there on the spot! Like Asaph, I needed to worship God to ask for help, too.
- As I watched my friends leave for the big climb, I asked someone who had climbed the mountain before to help me repack my bag. As I put my pack on again, I whispered a quiet "thank you" to God. I thought to myself, "If Asaph can ask God for help in the middle of a really big mess, then I can, too."
- And that's what God did by sending me someone to help me. **So, what do you think, kids? Do you think we can ask God for help?**

BIG IDEA | We can worship by asking for God's help.

- **INSTRUCTIONS:** Write or form the Big Idea with [string lights](#) like [this](#). Display it on the ceiling or in a high place on the wall, as though the lights are stars. If this takes up too much space, consider doing just the keyword from the Big Idea — help. You can also use a [marquee](#) or [glow-in-the-dark paint](#) to paint the Big Idea on poster board. Use a telescope as a fun prop during the Big Idea reveal. Be sure to dim the lights in your room.
- Can you imagine what the stars look like from the top of Mount Everest? Let's imagine we've hiked there now. What do you see? I see the brightest stars! And so many of them! Oh! Look over there! Let's read the Big Idea together: **We can worship by asking for God's help.**

VIDEO | Wonder-Full, Episode 2

- **INSTRUCTIONS:** Play this week's episode of [Grow TV](#).

ACTIVITY | Climb Together

- Let's play a game called Climb Together! You'll have to work as a team to make sure everyone makes it to the top of Everest.
- **INSTRUCTIONS:** This activity is inspired by the game "[Cross the River](#)." It is a fun, cooperative game encouraging kids to work together, ask for help, and get creative with their resources. To play, split kids up into even teams. Give each team a stack of colored construction paper (one more than the number of kids on the team). Have them try to get from a starting line to the finish line by only stepping on their paper (and not the floor). The entire team has to move together and not one at a time.
 - ✂ **SPECIAL NEEDS HACK:** Have kids work together to build their own Mt. Everest using a bunch of supplies such as Play-Doh, modeling clay, putty, gummy candy, marshmallows, toothpicks, straws, and other things kids like to play with.

- Hiking Everest is sure to throw some unexpected twists and turns your way. Climbing Everest isn't a solo sport, and you need lots of help to make it to the top. Use these things to build a model together of what you think Mount Everest looks like.
- Even though most of the help we get is from each other, we should get in the habit of asking God to send us the help we need. So, in addition to praising God and thanking God, **we can worship by asking for God's help.**

STORY | Help Needed

- **INSTRUCTIONS:** *Share about a time when you asked God for help.*
- When we don't spend time with God in worship and don't ask God for help, we get weighed down, thinking we have to do everything on our own. When we worship by asking for God's help, God meets us in whatever hard thing we're facing and helps us make it through.
- Asking God for help is not selfish. It's a reminder that we can't do everything on our own. We need God to help us.

SCRIPTURE | Hebrews 12:1–2

- **INSTRUCTIONS:** *Read Hebrews 12:1–2. While you're reading the passage, try to untangle a very tangled rope. You won't be able to untangle the rope on your own. Invite a volunteer to come up and help you untangle it.*
- Climbing a mountain like Everest requires all sorts of supplies. Things like the right hiking boots, the right snacks, and don't forget about the rope! Oh, no! Mine is all tangled!
- **Can someone help me untangle this rope while I read this passage from the Bible?**
- It's easy to get tangled up in worry or in the things we know we shouldn't be doing, which is sin. Sin is the bad stuff we do that separates us from God.
- But this passage reminds us to keep our eyes on Jesus. Even in the hardest, darkest moments of life, Jesus kept going. Jesus knew the promise of joy that was coming, so Jesus didn't get tangled up in worry. We have that same promise because of Jesus and what Jesus did for us.
 - *[Use this moment to briefly describe the sacrifice Jesus made for our sins.]*
- We don't have to stay tangled in sin and bad choices. All we have to do is ask God for help and God will help us!
- Even during our darkest moments, we can remember that God will help us untangle whatever's holding us down. **We can worship by asking for God's help.**

NOW WHAT? What does God want us to do about it?

REFLECTION | Just Ask

- Asking for help is not a sign of weakness. It's actually a sign of courage and strength! Sometimes, we get to be the helpers, and sometimes, we are the ones who need the help.
- I have some questions to put on the screen. Some of you will know the answers and some of you will need to ask for help. If you know the answers, raise your hand. If you need help, go to the closest raised hand and ask for help. The goal of this activity is not for one person to have the right answer, it's to get as many people in the room to have the right answer! So, be sure to help each other.
- **INSTRUCTIONS:** *Come up with questions ranging from simple math problems like $1+1 = ?$ to more difficult questions like, "How high is Mount Everest?" The goal is to compile a list of questions that will give everyone the opportunity to ask for help and to give help. If you don't have screens in your environment, you can write the questions on poster board or just speak them aloud.*
- Just like we asked our friends for help and got the help we needed, we can worship God by asking for help. **What are some ways we can ask God for help?** *[Allow time for a few kids to share their ideas.]* **What are things we can do to remember to ask God for help?** *[Allow time for a few kids to share their thoughts.]*

- Those were great ideas! This week, we can look for ways to remind ourselves that **we can worship by asking for God’s help.**

RESPONSE | Paper Bag Hike Packs

- **INSTRUCTIONS:** Help kids create [paper bag hiking packs](#). After designing the packs, provide kids with preprinted squares of paper that say today’s Big Idea, “We can worship by asking for God’s help.” This will serve as the pocket on their pack. Provide each kid with a hiking supplies printable for them to cut out and place inside their packs. (See a worked example [here](#).)
 - ✂ **PRETEEN HACK:** Have preteens use paracords instead of string and make survival knots. You can find examples [here](#). Prompt preteens to create a knotted bracelet or backpack tag using the survival knots.
- A good climb requires having the right supplies. Today, we will make our own paper bag hiking packs and pack them with some helpful items.
- In the same way the proper gear helps mountain climbers climb, God helps us to live our lives and face any challenge that comes our way. **We can worship by asking for God’s help.** God always has just what we need to make it through!

MEMORY VERSE | Psalm 139:14 (NIV)

- “I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”
- **INSTRUCTIONS:** Write each word of the memory verse on plastic cups – one word per cup. Make as many cup/memory verse sets as you need for the size of your group. We recommend putting kids in groups of five for this activity. When you say, “Go!” groups will race to stack their cups like a mountain while keeping the verse in the correct order from bottom to top or top to bottom. (**Don’t forget to also check out the memory verse signs – a combination of SEE and ASL – available in your Programming folder or at [### PRAYER](http://growcurriculum.org/Psalm139-14.)

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- Dear God, we will face challenges in life that feel too big for us to take on. Remind us that we don’t have to do it alone. Thank you for being our help. Help us to keep our eyes focused on Jesus, no matter what challenges come our way. When we consider the huge and magnificent wonders you have created, we know nothing is too hard for you. Amen.

SMALL GROUP TIME

DISCUSSION

- Read Psalm 80. Where did Asaph go to get help?
- The author of this Psalm asks for help from God more than once. Do you think it’s okay to seek help more than one time – even if it’s for the same problem?
- What are some things Asaph asked God to help with?
- Read Hebrews 12:1. How does sin tangle us up or slow us down from living the life God has given us?
- Do you think it’s hard or easy to ask for help? Why?
- Does asking for help make you weak or strong?
- When someone asks you for help, are you happy to help them or do you withhold help? Or do you sometimes do both? Why?

ACTIVITY | My Mountain

- **INSTRUCTIONS:** Give one mountain climber printable to each kid along with a brass fastener. Give each kid half of a paper plate on which they'll glue on grey construction paper they've cut in the shape of mountains. Have them write or attach a printed copy of this week's Big Idea or memory verse (see your Programming folder for the graphics). At the base of the mountains, invite the kids to draw grass or use green paper. Finally, have them cut out the climber and fasten the "stick" part of their climber behind the plate so that the mountain climber sticks out at the top. (See a worked example [here](#).)
 - ✂ **PRETEEN HACK:** Direct preteens to form a circle, facing inward. Ask each person to take the hand of someone on the other side of the circle with their right hand. Do the same with the left hand. Once everyone is joined, challenge the preteens to unravel the knot without dropping hands.
- People often refer to a problem in their life as a mountain. Mountains are majestic and show how amazing God is, but they are often difficult to climb. We may not all be able to climb a tall mountain like Mount Everest, but we can definitely get the help we need with the problems we are facing. And **we can worship by asking for God's help**, even before we get it. We know God will come through for us!